



FOR YOUTH DEVELOPMENT *
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ACTIVE OLDER ADULTS

Senior Fitness Programs
EASTERN COMMUNITY YMCA



LAND FITNESS CLASSES

Monday, Wednesday, Friday 9:15am & 10am

WATER FITNESS CLASSES

Monday, Wednesday, Friday 8:10am & 9am
Tuesday, Thursday 11:15am

Oregon Residents– Age 50 and older. Pay \$25 registration fee at the Oregon Recreation Office.
Walbridge Residents– Age 55 and older. Pay \$20 registration fee at the Village Office.
Northwood Residents– Age 50 and older. Pay \$20 registration fee at the YMCA.

This program is subsidized in part by our Annual Scholarship Campaign and our partnership with the City of Oregon and Village of Walbridge.

EASTERN COMMUNITY YMCA
2960 PICKLE ROAD
OREGON, OH 43616
P. 419.691.3523
www.ymcatoledo.org

**Oregon Parks and Recreation
Adult Senior Registration Form**

GOLDEN EAGLE CARD

Name: _____

Address: _____

Telephone: _____ Date of Birth _____

Liability Release

Please Read Carefully

I, as participant, agree to release the City of Oregon, its officers, employees, and volunteers, from any and all liability for accidents, injuries, loss of and/or damage to, my person or property that may arise out of my participation in, or my presence at, any activity/activities associated with this membership and/or being transported to and from same, which transportation I do hereby authorize. I am aware that there are certain risks or possible dangers in participating in this activity. I have entered into this agreement of my own free will.

Signature of Responsible Party
(Invalid without signature)

Date